



Fresh Ideas for Vegetables



The Fresh look for Vegetables



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With today's active lifestyles, it's hard to eat the amount of vegetables you and your family should. The USDA Food Pyramid shows you and every member of your family needs at least 3 to 5 servings of vegetables a day.

Birds Eye can help you eat more vegetables in a couple of ways. Birds Eye has a heritage of providing quality vegetables which cook up bright, crisp and delicious, so your family will look forward to eating the vegetables you serve.

What you may not know about Birds Eye frozen vegetables is that they can be as nutritious as fresh vegetables. They are harvested at their peak of freshness and frozen within hours so they maintain their nutritional value, unlike other vegetables which may be sitting on store shelves or in the back of your refrigerator.

This Birds Eye cookbook can also be a big help. Inside you'll find exciting new ways to serve vegetables. Best of all, they're fun, easy to prepare and delicious. So get a little creative and make vegetables something your family looks forward to.

If you have any comments or suggestions, please write us at:
Birds Eye Recipes, P. O. Box 19026, Green Bay, WI 54307-9026.
We'd love to hear from you!

Vegetable Group

**Eat 3-5 servings
of vegetables
every day**



Food Guide Pyramid Source: U.S. Department of
Agriculture/ U.S. Department of Health and Human Services

Welcome to *The Fresh look for Vegetables*

Broccoli & Cheddar Muffins

1 box (10 ounces) BIRDS EYE frozen
Chopped Broccoli
3 cups buttermilk baking and pancake mix
2 eggs, lightly beaten
2/3 cup milk
1 teaspoon dried basil
1 cup shredded Cheddar cheese

- Preheat oven to 350°F. Combine baking mix, eggs, milk and basil. Mix until moistened. (Do not overmix.)
- Add cheese and broccoli; stir just to combine. Add salt and pepper to taste.
- Spray 12 muffin cups with nonstick cooking spray. Pour batter into muffin cups. Bake 25 to 30 minutes or until golden brown.
- Cool 5 minutes in pan. Loosen sides of muffins with knife; remove from pan and serve warm.

Makes 1 dozen large muffins

Prep Time: 5 to 10 minutes

Cook Time: 25 to 30 minutes

Traditional Broccoli Stir-fry

3/4 pound beef or chicken, thinly sliced
1 tablespoon oil
1 bag (16 ounces) BIRDS EYE frozen
Farm Fresh Broccoli Stir-Fry
1/2 cup prepared stir-fry cooking sauce - OR -
1 package stir-fry seasoning mix (prepared
according to package directions)
1 tablespoon water

- Stir-fry meat in hot oil until cooked. Add Broccoli Stir-Fry and water.
- Cover and cook 5 - 7 minutes on medium-high heat.
- Add prepared stir-fry sauce or seasoning mix.
- Heat through.

Makes 3 to 4 servings

Prep Time: 5 minutes

Cook Time: 12 to 15 minutes

Serving Suggestions: Serve over hot rice.



Vegetarian Chili

2 cans (15 ounces each) chunky chili tomato sauce

1 bag (16 ounces) BIRDS EYE frozen Farm Fresh Mixtures Broccoli, Corn and Red Peppers

1 can (15 1/2 ounces) red kidney beans

1 can (4 1/2 ounces) chopped green chilies

1/2 cup shredded Cheddar cheese

- Combine tomato sauce, vegetables, beans and chilies in large saucepan; bring to boil.
- Cook, uncovered, over medium heat 5 minutes.
- Sprinkle individual servings with cheese.

Makes 4 to 6 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Healthy Spinach Dip

1 box (10 ounces) BIRDS EYE frozen Chopped Spinach

3 tablespoons grated Parmesan cheese

3 tablespoons ranch dressing, low fat or regular

1/2 cup light sour cream or yogurt

1/2 teaspoon dried basil

1/2 teaspoon garlic powder

- Cook spinach according to package directions; drain well.
- Combine all ingredients in bowl; mix well. Serve chilled.

Makes about 1 3/4 cups

Prep Time: 10 minutes





Bow Tie Pasta

16 ounces uncooked bow ties, rotini, ziti or other shaped pasta

1 bag (16 ounces) BIRDS EYE frozen Farm Fresh Mixtures Broccoli, Cauliflower and Carrots*

1 cup Italian, creamy Italian or favorite salad dressing

1 bunch green onion, thinly sliced

1 cup pitted ripe olives, halved (optional)

- Cook pasta and vegetables according to package directions, drain.
- Combine drained pasta and vegetables with remaining ingredients in large bowl. Cover and chill until ready to serve.

Makes about 8 side-dish servings

Prep Time: 5 minutes

Cook Time: 20 minutes

Serving Suggestion:

Use this recipe as the base for a variety of main dish salads, adding sliced salami and small cubes of cheese, cooked chicken or turkey, or cooked seafood to the pasta and vegetables.

- * Or, substitute any other BIRDS EYE frozen Farm Fresh Mixtures variety.

Caribbean Peas and Rice

2 slices bacon, cut into 1-inch pieces

1 cup BIRDS EYE frozen Green Peas

1 cup uncooked instant rice

2/3 cup water

1/4 cup orange juice

1/2 teaspoon dried thyme leaves

- Cook bacon in medium saucepan over medium-high heat until golden brown.
- Add remaining ingredients; cook 5 to 7 minutes or until rice is tender and heated through, stirring occasionally.
- Add salt and pepper to taste. Serve hot.

Makes 3 to 4 servings

Prep Time: 10 minutes

Cook Time: 10 to 15 minutes



Baked Spiced Squash

- 2 boxes (12 ounces each) **BIRDS EYE**
frozen Cooked Winter Squash, thawed
- 2 egg whites, lightly beaten
- 1/4 cup brown sugar
- 2 teaspoons butter or margarine, melted
- 1 teaspoon cinnamon
- 1/2 cup herbed croutons, coarsely crushed
- Preheat oven to 400°F. Combine squash, egg white, sugar, butter and cinnamon; mix well.
- Pour into 1-quart baking dish sprayed with nonstick cooking spray.
- Bake for 20 to 25 minutes or until center is set.
- Remove from oven; sprinkle crushed croutons on top. Bake 5 to 7 minutes longer or until croutons are browned.

Makes 6 to 8 servings

Prep Time: 5 minutes

Cook Time: 25 to 35 minutes

Vegetable Macaroni & Cheese

- 1 box (14 ounces) macaroni and cheese
- 1 bag (16 ounces) **BIRDS EYE** frozen
Farm Fresh Mixtures Broccoli,
Cauliflower and Carrots*
- Prepare macaroni and cheese according to package directions, adding vegetables during last 5 minutes of cooking time.
- Continue preparing macaroni and cheese recipe according to package directions.

Makes about 4 servings

Cook Time: 15 to 20 minutes

* Or, substitute any other **BIRDS EYE** frozen Farm Fresh Mixtures variety





Vegetable Pizza

2 to 3 cups BIRDS EYE frozen Farm Fresh Mixtures Broccoli, Red Peppers, Onions and Mushrooms

1 Italian bread shell or 12-inch pizza crust

1 to 1 1/2 cups shredded mozzarella cheese

Dried oregano, basil or Italian seasoning

- Preheat oven according to directions on pizza crust package.
- Rinse vegetables in colander under warm water. Drain well; pat with paper towel to remove excess moisture.
- Spread crust with half the cheese and vegetables. Sprinkle with herbs; top with remaining cheese.
- Follow baking directions on pizza crust package; bake until hot and bubbly.

Makes 3 to 4 servings

Prep Time: 5 minutes

Cook Time: 15 minutes

Asian Chicken & Noodles

1 package (3 ounces) chicken flavor instant ramen noodles

1 bag (16 ounces) BIRDS EYE frozen Farm Fresh Mixtures Broccoli, Carrots and Water Chestnuts*

1 tablespoon vegetable oil

1 pound boneless skinless chicken breasts, cut into thin strips

1/4 cup stir-fry sauce

- Reserve seasoning packet from noodles.
- Bring 2 cups water to boil in large saucepan. Add noodles and vegetables. Cook 3 minutes, stirring occasionally; drain.
- Meanwhile, heat oil in large nonstick skillet over medium-high heat. Add chicken; cook and stir until browned, about 8 minutes.
- Stir in noodles, vegetables, stir-fry sauce and reserved seasoning packet; heat through.

Makes about 4 servings

Prep Time: 5 minutes

Cook Time: 20 minutes

* Or, substitute 1 bag (16 ounces) BIRDS EYE frozen Broccoli Cuts.





Teriyaki Beef

3/4 pound sirloin tip steak, cut into thin strips

1/2 cup teriyaki sauce

1/4 cup water

1 tablespoon cornstarch

1 teaspoon sugar

1 bag (16 ounces) **BIRDS EYE** frozen Farm
Fresh Mixtures Broccoli, Carrots and
Water Chestnuts

- Spray large skillet with nonstick cooking spray; cook beef strips over medium-high heat 7 to 8 minutes, stirring occasionally.
- Combine teriyaki sauce, water, cornstarch and sugar; mix well.
- Add teriyaki sauce mixture and vegetables to beef. Bring to boil; quickly reduce heat to medium.
- Cook 7 to 10 minutes or until broccoli is heated through, stirring occasionally.

Makes 4 to 6 servings

Prep Time: 5 to 10 minutes

Cook Time: 20 minutes

Serving Suggestion:

Serve on a bed of rice and garnish.

Springtime Pasta

12 ounces fettuccine or other long pasta

1 bag (16 ounces) **BIRDS EYE** frozen Farm
Fresh Mixtures Cauliflower, Baby Whole
Carrots and Snow Pea Pods

1/3 cup creamy Caesar, Italian or ranch salad
dressing

1 teaspoon dried basil

1 teaspoon garlic powder

1/3 cup grated Parmesan cheese

- Cook pasta according to package directions; drain.
- Cook vegetables according to package directions.
- Combine pasta, vegetables, dressing and spices in large skillet; mix well.
- Cook over medium heat just until heated through.
- Add cheese; toss to coat pasta.
Add salt and pepper to taste.

Makes 4 to 6 servings

Prep Time: 15 minutes

Cook Time: 15 minutes





Shrimp Fettuccine

- 12 ounces uncooked fettuccine
- 1 box (10 ounces) BIRDS EYE frozen Asparagus Cuts*
- 1 tablespoon vegetable oil
- 1 package (16 ounces) frozen, uncooked cocktail-size shrimp
- 1 jar (12 ounces) prepared alfredo sauce
- 1 jar (4 ounces) sliced pimiento, drained

- Cook fettuccine according to package directions, adding asparagus to water 8 minutes before pasta is cooked. Drain.
- Meanwhile, heat oil in large skillet over medium-high heat. Add shrimp; cover and cook 3 minutes or until shrimp turn pink.
- Drain excess liquid, leaving shrimp and about 2 tablespoons liquid in skillet. Reduce heat to low.
- Stir in alfredo sauce and pimiento; cover and cook, 5 minutes. (Do not boil.)
- Toss fettuccine and asparagus with shrimp mixture.

Makes about 4 servings

Prep Time: 5 minutes

Cook Time: 20 minutes

* Or, substitute 1 1/2 cups BIRDS EYE frozen Green Peas or BIRDS EYE frozen Broccoli Cuts.

Chicken Gumbo

- 3 tablespoons vegetable oil
- 1 pound boneless skinless chicken breasts, cut into 1-inch pieces
- 1/2 pound smoked sausage,* cut into 3/4" slices
- 1 bag (16 ounces) BIRDS EYE frozen Farm Fresh Mixtures Broccoli, Corn and Red Peppers
- 1 can (14 1/2 ounces) stewed tomatoes
- 1 1/2 cups water

- Heat oil in large saucepan over high heat. Add chicken and sausage; cook until browned, about 8 minutes.
- Add vegetables, tomatoes and water; bring to boil. Reduce heat to medium; cover and cook 3 minutes.

Makes 4 to 6 servings

Prep Time: 5 minutes

Cook Time: 20 minutes

* For a spicy gumbo, use Andouille sausage. Any type of kielbasa or turkey kielbasa can also be used.





With today's hectic lifestyles, it's hard to eat the amount of vegetables you and your family should. Birds Eye's Fresh Look For Vegetables recipe book can help you. Inside you'll find exciting new ways to serve vegetables. Most of our delicious recipes can be prepared in 20 to 25 minutes with only 3 to 5 ingredients that you probably keep on hand in your kitchen. So get started and help make vegetables even more exciting.

